What is claimed is:

- 1. A method of free radical polymerization comprising (1) forming a mixture of one or more monomers, at least one free radical source and a chain transfer agent, wherein the chain transfer agent comprises a thio group; (2) subjecting the mixture to polymerization conditions, wherein a resulting polymer comprises thio groups; (3) contacting the resulting polymer with a free radical source and a monomer having a propagation rate constant (k_p) less than 2000 under cleavage reaction conditions; and (4) activating the free radical source to generate radicals, wherein at least 50% of the thio groups are replaced with a group of interest other than hydrogen.
- 2. The method of claim 1, wherein the monomer contacting the resulting polymer has a k_p of less than 1000.
- 3. The method of claim 1, wherein the monomer with little to no homopolymerizability has a k_p of less than 500.
- 4. The method of claim 1, wherein the monomer with little to no homopolymerizability has a k_p of less than 300.
- 5. The method of claim 1, wherein the free radical source is introduced continuously throughout the cleavage reaction.
- 6. The method of claim 1, wherein the monomer with a k_p less than 2000 is selected from the group consisting of maleimide, N-substituted maleimides, maleic anhydride, maleic acid, fumaric acid, maleic esters, fumaric esters, allyl and methallyl compounds, vinyl ethers, vinyl sulphonates, vinyl phosphonates, 1,3-butadiene derivatives, itaconic acid, α -alkylstyrene, α -ethylacrylate, cis and trans stilbene, and combinations thereof.
- 7. The method of claim 1, wherein the monomer with a k_p less than 2000 is selected from the group consisting of maleimide, N-phenylmaleimide, N-methylmaleimide, N-ethylmaleimide, N-benzylmaleimide, N-propylmaleimide, N-(4-ethylphenyl)maleimide, N-(4-acetylphenyl) maleimide, N-(para-tolyl)- maleimide, N-cyclohexyl maleimide N-dodecyl maleimide, N-tert-butyl maleimide, N-isopropyl maleimide, N-(2-hydroxyethyl) maleimide, N-(3-hydroxypropyl) maleimide, di-n-butyl maleate, di-n-amyl maleate, diethyl maleate, diisoamyl maleate, diethyl maleate, diisoamyl fumarate, diisobutyl

fumarate, diisopropyl fumarate, dimethyl fumarate, diphenyl fumarate, di-n-propyl fumarate, (meth)allylsulfonate, (meth)allylglycidylether, (meth)alkylvinylether, (meth)allylbutyl ether, (meth)allylethyl ether, (meth)allylmethyl ether, and combinations thereof.

- 8. The method of claim 1, wherein the monomer with a k_p less than 2000 is selected from the group consisting of N-phenylmaleimide, N-methylmaleimide, N-ethylmaleimide, N-propylmaleimide, and combinations thereof.
- 9. The method of claim 1, wherein at least one of the one or more monomers in the monomer mixture is an acrylate.
- 10. The method of claim 1, wherein all of the monomers in the monomer mixture are acrylates.
- 11. The method of claim 1, wherein cleavage reaction conditions comprise a molar ratio of between 0.5:1 and 10:1 for the monomer having a k_p less than 2000 to the thio groups in the polymers for which cleavage is desired.
- 12. The method of claim 1, wherein cleavage reaction conditions comprise a molar ratio of between 1.0:1 and 5:1 for the monomer having a k_p less than 2000 to the thio groups in the polymers for which cleavage is desired.
- 13. The method of claim 1, wherein cleavage reaction conditions comprise a molar ratio of between 1.5:1 to 3:1 for the monomer having a k_p less than 2000 to the thio groups in the polymers for which cleavage is desired.
 - 14. A polymer formed by the method of claim 1.
 - 15. The polymer of claim 14, wherein said polymer is a block copolymer.
 - 16. The polymer of claim 14, wherein said polymer is a random copolymer.
- 17. The method of claim 1, wherein at least 85% of the thio groups are replaced with a moiety comprising the radicals generated in step (4).
- 18. The method of claim 1, wherein at least 95% of the thio groups are replaced with a moiety comprising the radicals generated in step (4).

- 19. A method of cleaving at least a portion of a thiocarbonylthio group from an end of a polymer, the method comprising forming a mixture of the polymer, at least one free radical source, and a monomer with propagation rate constant (k_p) less than 2000, and subjecting the mixture to cleavage reaction conditions.
- 20. The method of claim 19, wherein the source of free radicals is selected from the group consisting of peroxides, hydroperoxides, peresters, peracids, percarbonates and azo compounds.
- 21. The method of claim 19, wherein an additional reagent is added which interacts in a redox reaction with the free radical source to liberate radicals..
- 22. The method of claim 19, wherein cleavage reaction conditions comprise a molar ratio of between 0.5:1 and 10:1 for the monomer having a k_p less than 2000 to the thio groups in the polymers for which cleavage is desired.
- 23. The method of claim 19, wherein cleavage reaction conditions comprise a molar ratio of between 1.0:1 and 5:1 for the monomer having a k_p less than 2000 to the thio groups in the polymers for which cleavage is desired.
- 24. The method of claim 19, wherein cleavage reaction conditions comprise a molar ratio of between 1.5:1 to 3:1 for the monomer having a k_p less than 2000 to the thio groups in the polymers for which cleavage is desired.
 - 25. The method of claim 19, wherein the monomer has a k_p less than 1000.
 - 26. The method of claim 19, wherein the monomer has a k_p less than 500.
 - 27. The method of claim 19, wherein the monomer has a k_p less than 300.
- 28. The method of claim 19, wherein the monomer with a k_p less than 2000 is selected from the group consisting of maleimide, N-substituted maleimides, maleic anhydride, maleic acid, fumaric acid, maleic esters, fumaric esters, allyl and methallyl compounds, vinyl ethers, vinyl sulphonates, vinyl phosphonates, 1,3-butadiene derivatives, itaconic acid, α -alkylstyrene, α -ethylacrylate, cis and trans stilbene, and combinations thereof.

- 29. The method of claim 19, wherein the monomer with a k_p less than 2000 is selected from the group consisting of maleimide, N-phenylmaleimide, N-methylmaleimide, N-ethylmaleimide, N-benzylmaleimide, N-propylmaleimide, N-(4-ethylphenyl)maleimide, N-(4-acetylphenyl) maleimide, N-(para-tolyl)-maleimide, N-cyclohexyl maleimide N-dodecyl maleimide, N-tert-butyl maleimide, N-isopropyl maleimide, N-(2-hydroxyethyl) maleimide, N-(3-hydroxypropyl) maleimide, di-n-butyl maleate, di-n-amyl maleate, diethyl maleate, diisoamyl maleate, dimethyl maleate, diphenyl maleate, and di-n-propylmaleate, di-n-amyl fumarate, diethyl fumarate, diisoamyl fumarate, diisobutyl fumarate, diisopropyl fumarate, dimethyl fumarate, diphenyl fumarate, di-n-propyl fumarate, (meth)allylsulfonate, (meth)allylglycidylether, (meth)alkylvinylether, (meth)allylbutyl ether, (meth)allylethyl ether, (meth)allylmethyl ether, and combinations thereof.
- 30. The method of claim 19, wherein the monomer with a k_p less than 2000 is selected from the group consisting of N-phenylmaleimide, N-methylmaleimide, N-tehylmaleimide, N-propylmaleimide, and combinations thereof.
 - 31. The method of claim 19, wherein said polymer is a block copolymer.
 - 32. The method of claim 19, wherein the polymer is a random copolymer.
- 33. The method of claim 19, wherein at least 85% of the thio groups are replaced with a moiety other than hydrogen.
- 34. The method of claim 19, wherein at least 95% of the thio groups are replaced with a moiety other than hydrogen.
- 35. The method of claim 19, wherein the free radical source is introduced continuously throughout the cleavage reaction.
- 36. A method of free radical polymerization comprising (1) forming a mixture of one or more acrylate monomers, at least one free radical source and a chain transfer agent, wherein the chain transfer agent comprises a thiocarbonylthio group; (2) subjecting the mixture to polymerization conditions, wherein a resulting polymer comprises thiocarbonylthio groups; and (3) contacting the resulting polymer with a free

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radical source and a monomer having a propagation rate constant (k_p) less than 2000 under cleavage reaction conditions.

- 37. The method of claim 36, wherein the monomer having a k_p less than 2000 is selected from the group consisting of N-phenylmaleimide, N-methylmaleimide, N-ethylmaleimide, N-propylmaleimide, and combinations thereof.
 - 38. The method of claim 36, wherein the free radical source is an initiator.